

# *In the Name of God*

## Curriculum Vita

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### • **Papers in international journals**

**1. Behnaz Abiri**, Majid Valizadeh, Lara Nasreddine, Farhad Hosseinpanah. Dietary determinants of healthy/unhealthy metabolic phenotype in individuals with normal weight or overweight/obesity: a systematic review, *Critical Reviews in Food Science and Nutrition* 2022, DOI: 10.1080/10408398.2021.2025036. [Epub ahead of print]

**2.** Erfan Tasdighi, Maryam Barzin, Kamal K. Mahawar, Farhad Hosseinpanah, Amir Ebadinejad, Nazanin Taraghikhah, Anahita Mansoori, Alireza Khalaj, Mahtab Niroomand, Majid Valizadeh, **Behnaz Abiri\***. Effect of biliopancreatic limb length on weight loss, postoperative complications and remission of comorbidities in One Anastomosis Gastric Bypass: a systematic review and meta-analysis. *Obesity Surgery*. (Accepted)

**3. Behnaz Abiri**, Parvin Sarbakhsh, Mohammadreza Vafa. Randomized study of the effects of vitamin D and/or magnesium supplementation on mood, serum levels of BDNF, inflammation,

and SIRT1 in obese women with mild to moderate depressive symptoms. *Nutritional neuroscience*. 2021 Jul 2:1-13. doi: 10.1080/1028415X.2021.1945859. Epub ahead of print. PMID: 34210242.

4. Shirin Amini, Sima Jafarirad, **Behnaz Abiri** (2021): Vitamin D, testosterone and depression in middle-aged and elderly men: a systematic review, *Critical Reviews in Food Science and Nutrition* 2021, DOI: 10.1080/10408398.2021.2015284. [Epub ahead of print]

5. Shirin Amini, Sima Jafarirad, **Behnaz Abiri**, et al. Traditional and Dairy Products and Vegetables Dietary Patterns Are Inversely Associated with the Risk of Cataract in the Middle Age and Aged Population: A Case-Control Study. *J Nutr Health Aging* 25, 1248-1254 (2021).

6. Houra Mohseni, Shirin Amini, **Behnaz Abiri**, Mojtaba Kalantar. Comparison of the History of Food Intakes of Diabetic, Hypertension, and Heart Disease Patients with Clinical Symptoms of COVID-19 and Asymptomatic Controls. *Arch Clin Infect Dis*. 2021 June; 16(3):e111462.

7. **Behnaz Abiri**, Mohammadreza Vafa. "Nutrition and sarcopenia: A review of the evidence of nutritional influences." *Critical reviews in food science and nutrition*. 59,9 (2019): 1456-1466.

8. Fatemeh Haidari, **Behnaz Abiri**, Masood Iravani, et al. "Effects of vitamin D and omega-3 fatty acids co-supplementation on inflammatory biomarkers, tumor marker CEA, and nutritional status in patients with colorectal cancer: a study protocol for a double blind randomized controlled trial." *Trials*. 20,1 682. 9 Dec. 2019.

9. Fatemeh Haidari, **Behnaz Abiri**, Masood Iravani, et al. "Effects of Vitamin D and Omega-3 Fatty Acids Co-Supplementation on Inflammatory Factors and Tumor Marker CEA in Colorectal Cancer Patients Undergoing Chemotherapy: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial." *Nutrition and cancer* vol. 72,6 (2020): 948-958.

10. Fatemeh Haidari, **Behnaz Abiri**, Masood Iravani, et al. "Randomized Study of the Effect of Vitamin D and Omega-3 Fatty Acids Cosupplementation as Adjuvant Chemotherapy on

Inflammation and Nutritional Status in Colorectal Cancer Patients.” *Journal of dietary supplements*. 17,4 (2020): 384-400.

**11.** Fatemeh Haidari, **Behnaz Abiri**, Masood Iravani, et al. “The Effects of UVB and Vitamin D on Decreasing Risk of Colorectal Cancer Incidence and Mortality: A Review of the Epidemiology, Clinical Trials, and Mechanisms.” *Nutrition and cancer*. 71,5 (2019): 709-717.

**12.** **Behnaz Abiri**, Mohammadreza Vafa. “Iron Deficiency and Anemia in Cancer Patients: The Role of Iron Treatment in Anemic Cancer Patients.” *Nutrition and cancer*. 72,5 (2020): 864-872.

**13.** Reihaneh Abdollahi, **Behnaz Abiri**, Parvin Sarbakhsh, Maryam Kashanian, Mohammadreza Vafa. The Effect of Vitamin D Supplement Consumption on Premenstrual Syndrome in Vitamin D- deficient Young Girls: A Randomized, Double-blind, Placebo-controlled Clinical Trial. *Complement Med Res*. 2019;26(5):336-342.

**14.** Fatemeh Jalali, Ali Gholamrezaei, Malihe Nasiri, Mohammadreza Vafa, **Behnaz Abiri**, Giti Ozgoli. Effect of Vitamin D Therapy on Sexual Function in Women with Sexual Dysfunction and Vitamin D Deficiency: A Randomized, Double-Blind, Placebo Controlled Clinical Trial. *J Urol*. 2019 May;201(5):987-993.

**15.** **Behnaz Abiri**, Mohammadreza Vafa\*, Parvin Sarbakhsh, Leila Saleck, Elnaz Mousavi, Fatemeh Sadat Amiri, Zohreh Amiri. The Association of Intelligence Quotient with Obesity and Some Related Factors in Children Girls. *Progr Nutr*. 2018 Dec. 11 [cited 2022 Jan. 12];20(2-S):218-24.

**16.** Mohammadreza Vafa, Fatemeh Azizi-Soleiman, Morteza Safavi, Seyyed Morteza Kazemi, Masood Salehi, Farid Zaeri, **Behnaz Abiri**, Homa Sadeghi. Comparing the effectiveness of vitamin D plus iron vs vitamin D on depression scores in anemic females: Randomized triple-masked trial. *Med J Islam Repub Iran*. 2019 Jul 3;33:64.

17. Fatemeh Azizi-Soleiman, Mohammadreza Vafa, **Behnaz Abiri**, Morteza Safavi. Effects of Iron on Vitamin D Metabolism: A Systematic Review. *Int J Prev Med*. 2016 Dec 5;7:126.
18. **Behnaz Abiri**, Mohammadreza Vafa. Vitamin D and sarcopenia. *Adv Obes Weight Manag Control*. 2017;6(3):82-84.
19. **Behnaz Abiri**, Mohammadreza Vafa. Dietary omega-3 polyunsaturated fatty acids and treatment of cancer. *Adv Obes Weight Manag Control*. 2018;8(3):198-201.
20. **Behnaz Abiri**, Mohammadreza Vafa, Mohsen Dehghani, Javad Sarrafzadeh, Nazanin Moslehi. Effect of Vitamin D Supplement Consumption on Muscle Strength, Muscle Function and Body Composition in Vitamin D-deficient Middle-aged Women: A Randomized Clinical Trial. *Nutrition and Food Sciences Research*. 2016; 3(3): 17-24.
21. **Behnaz Abiri**, Mohammadreza Vafa, Zohreh Amiri, Asma Malkami, Aida Aref-Azar. The Association of Food Intake and Physical Activity with Body Composition, Muscle Strength and Muscle Function in Postmenopausal Women. *Nutrition and Food Sciences Research*. 2017; 3(3): 17-24.
22. **Behnaz Abiri**, Mohammadreza Vafa. Nutrition and Cancer: A Review of the Evidence of Nutritional Influences and Related Mechanisms. *Journal of Oncology Research and Treatment*. 2019, 4:1.
23. **Behnaz Abiri**, Roya Kelishadi, Homa Sadeghi, Fatemeh Azizi-Soleiman. Effects of Maternal Diet During Pregnancy on the Risk of Childhood Acute Lymphoblastic Leukemia: A Systematic Review. *Nutr Cancer*. 2016 Oct;68(7):1065-72.
24. Fatemeh Haidari, Majid Mohammadshahi, **Behnaz Abiri**, Mehdi Zarei, Mojdeh Fathi. Cinnamon extract supplementation improves inflammation and oxidative stress induced by acrylamide: An experimental animal study. *Avicenna J Phytomed*. 2020 May-Jun;10(3):243-252.
25. Fatemeh Haidari, **Behnaz Abiri**. Chlorella and Treatment of Primary Dysmenorrhea: A Mini Review. *Arch Obstet Gynecol Reprod Med*. 2019. 2(2): 40-42.

- 26.** Fatemeh Haidari, **Behnaz Abiri**, Mohammadhossein Haghighizadeh, Gholam-Abbas Kaiedani, Negar Karimi-Birgani. Association of Hematological Parameters with Obesity- Induced Inflammation Among Young Females in Ahvaz, South-West of Iran. *Int J Prev Med.* 2020;11:55.
- 27.** **Behnaz Abiri**, Mohammadreza Vafa, Fatemeh Azizi-Soleiman. Prevalence of anemia according to some hematological parameters among reproductive age females in Kermanshah, Western Iran. *Journal of Nutrition and Food Security.* 2019; 4(4): 243-248.
- 28.** Freshteh Momeni, Maryam Javadi, Isa Mohammadi-Zeidi, **Behnaz Abiri**, Parvin Sarbakhsh, Mohammadreza Vafa. The association of sleep quality with dietary intake and rate of general and central obesity among young female students in Qazvin, Iran. *Journal of Nutrition and Food Security.* 2020; 5(3): 218-227.
- 29.** **Behnaz Abiri**, Parvin Sarbakhsh, Mohammadreza Vafa. Prevalence of overweight, obesity and associated risk factors in healthy female adolescents in Tehran, Iran. *Cent Asian J Glob Health.* 2019;8(1):413.
- 30.** **Behnaz Abiri**, Mohammadreza Vafa, Parvin Sarbakhsh, Leila Saleck, Elnaz Mousavi, Jafar Hasani. The relationship between emotional intelligence with obesity and some associated factors in children girls. *International Journal of Psychiatric and Mental Health.* 2020; 1(2): 1-5.
- 31.** **Behnaz Abiri**, Mohammadreza Vafa. Effects of vitamin D and/or magnesium supplementation on mood, serum levels of BDNF, inflammatory biomarkers, and SIRT1 in obese women: a study protocol for a double-blind randomized placebo-controlled trial. *Trials.* 2020 Feb 26;21(1):225.
- 32.** **Behnaz Abiri**, Mohammadreza Vafa. Vitamin C and cancer: the role of vitamin C in disease progression and quality of life in cancer patients. *Nutrition and Cancer.* 2021;73(8):1282-1292.
- 33.** Fatemeh Kheiruri, Javad Sarrafzadeh, Agha Fatemeh Hosseini, **Behnaz Abiri**, Mohammadreza Vafa. Randomized study of the effects of vitamin D and magnesium co-

supplementation on muscle strength and function, body composition, and inflammation in vitamin D-deficient middle-aged women. *Biol Trace Elem Res.* 2021 Jul;199(7):2523-2534.

**34. Behnaz Abiri**, Mohammadreza Vafa, Fatemeh Azizi-Soleiman, Morteza Safavi, Seyyed Morteza Kazemi, Masood Salehi, Farid Zaeri, Homa Sadeghi. Changes in Bone Turnover, Inflammatory, Oxidative Stress, and Metabolic Markers in Women Consuming Iron plus Vitamin D Supplements: A Randomized Clinical Trial. *Biol Trace Elem Res.* 2021 Jul;199(7):2590-2601.

**35.** Fatemeh Haidari, Abdollah Hojhabrیمانesh, Bizhan Helli, Seyed-Saeed Seyedian, Kambiz Ahmadi-Angali, **Behnaz Abiri**. A hypocaloric high-protein diet supplemented with  $\beta$ -cryptoxanthin improves non-alcoholic fatty liver disease: A randomized controlled trial. *BMC Gastroenterol.* 2020 Oct 20;20(1):349.

**36.** Elaheh Rabbani, Fatemeh Golgiri, Leila Janani, Nariman Moradi, Soudabeh Fallah, **Behnaz Abiri**, Mohammadreza Vafa. Randomized Study of the Effects of Zinc, Vitamin A and Magnesium Co-supplementation on Thyroid Function, Oxidative Stress and hs-CRP in Hypothyroid Patients. *Biol Trace Elem Res.* 2021 Nov;199(11):4074-4083.

**37.** Houra Mohseni, Shirin Amini, **Behnaz Abiri**, Mojtaba Kalantar. Do Body Mass Index (BMI) and history of nutritional supplementation play a role in the severity of COVID19? *Nutrition and Food Science.* Vol. 51 No. 6, pp. 1017-1027.

**38.** Houra Mohseni, Shirin Amini, **Behnaz Abiri**, Mojtaba Kalantar, Masoumeh Kaydani, Barat Barati, Elham Pirabbasi, Faezeh Bahrami. Are history of dietary intake and food habits of patients with clinical symptoms of COVID 19 different from healthy controls? A case-control study. *Clin Nutr ESPEN.* 2021, 42: 280-285.

**39. Behnaz Abiri**, Mohammadreza Vafa. Impact of coenzyme Q10 on inflammation biomarkers and its role in future therapeutic strategies. *Clin Nutr ESPEN.* 2021 Jun;43:25-30.

**40.** Mitra Aliahmadi, Fatemehsadat Amiri, Leila Sadat Bahrami, Agha Fatemeh Hosseini, **Behnaz Abiri**, Mohammadreza Vafa. Effects of raw red beetroot consumption on metabolic markers and cognitive function in type 2 diabetes patients. *J Diabetes Metab Disord*. 2021 Apr 21;20(1):673-682.

**41.** Majid Mohamadshahi, Habib Haybar, Aghdas Mousavi-Borazjani, Mohammadhossein Haghighizadeh, **Behnaz Abiri**. The association between dietary patterns with severity of coronary artery stenosis, serum leptin-to-adiponectin ratio, and some related risk factors in patients with coronary artery disease. *J Diabetes Metab Disord*. 2021 Apr 26;20(1):697-708.

**42.** Ramin Taghizadeh, Shima Jazayeri, Parvin Sarbakhsh, Seyed Sina Madani, Helma Ahmadi, **Behnaz Abiri**, Mohammadreza Vafa. The Relationship between Depression, Anxiety, and Stress with Eating Behaviors. *Iranian Journal of Psychiatry* (Accepted).

**43.** **Behnaz Abiri**, Shirin Amini, Mohammadreza Vafa. Vitamin D deficiency during pregnancy: The health consequences of vitamin D supplementation in mother and infant. *International Journal of Research Studies in Medical and Health Sciences*. 2021; 6(7):24-32.

- **Research projects**

**1.** The Association of Food Intake and Physical Activity with Body Composition, Muscle Strength and Muscle Function in Postmenopausal Women.

**2.** The Association of Intelligence Quotient with Obesity and Some Related Factors in Children Girls

**3.** The association of breastfeeding with eating preferences and behaviors in children girls in Tehran

**4.** Comparing the effectiveness of vitamin D plus iron vs vitamin D on inflammation, oxidative stress, and glucose and lipid profile in non-menopausal women

- 5.** Prevalence of overweight, obesity and associated risk factors in healthy female adolescents in Tehran, Iran
- 6.** Effect of Vitamin D Supplement Consumption on Muscle Strength, Muscle Function and Body Composition in Vitamin D-deficient Middle-aged Women
- 7.** The Effect of Vitamin D Supplement Consumption on Premenstrual Syndrome in Young Girls
- 8.** The relationship between emotional intelligence with obesity and some associated factors in children girls
- 9.** Effect of vitamin D and omega-3 fatty acids co-supplementation on liver function, inflammation, and oxidative stress in colorectal cancer patients
- 10.** Association of breastfeeding with cellular senescence in children
- 11.** Effects of vitamin D and/or magnesium supplementation on mood, serum levels of BDNF, inflammatory biomarkers, and SIRT1 in obese women
- 12.** Association of nutrition status and food intake with mental health among elderly population in Shiraz
- 13.** Effect of vitamin D and omega-3 fatty acids co-supplementation as adjuvant chemotherapy on tumor marker CEA, inflammation and nutritional status in colorectal cancer patients
- 14.** Association between eating behaviors with anthropometric indices and perceived stress in healthy adult women
- 15.** The effect of consumption of some micronutrients on Thyroid function, lipid profile and glycemic status in hypothyroid patients
- 16.** The association of plant-based dietary index with occupational stress, general health, anthropometric status, and biochemical factors in office, shift, and operational staff
- 17.** Effects of synbiotic and/or vitamin D supplementation on gut-muscle axis in overweight and obese women: a study protocol for a double-blind, randomized, placebo controlled trial



- **Published books**

1. Nutrition and Cancer, Practical Applications for Prevention and Treatment. Mohammadreza Vafa, **Behnaz Abiri**, Masood Iravani. (**Writing**, Published 2017).
2. Practical Guideline for Healthy Nutrition and Weight Control in Early Life. Mohammadreza Vafa, **Behnaz Abiri**. (**Writing**, Published 2018).
3. Evolutionary of long-term effects of breastfeeding effects on health. Mohammadreza Vafa, **Behnaz Abiri**. (**Writing**, Published 2017).
4. Nutrition management in hereditary metabolic diseases. Mohammadreza Vafa, **Behnaz Abiri**. (**Writing**, Published 2020).
5. The glycemic index: applications in practice. Mohammadreza Vafa, **Behnaz Abiri**. (**Translation**, Published 2016).
6. Clinical nutrition and aging: sarcopenia and muscle metabolism. **Behnaz Abiri**, Mohammadreza Vafa. (**Translation**, Published 2016).
7. Nutrition, fertility, and human reproductive function. **Behnaz Abiri**, Nazanin Asghari, Mohammadreza Vafa. (**Translation**, Published 2016).
8. Nutrition, exercise, and epigenetics: interventions for aging. **Behnaz Abiri**, Mohammadreza Vafa. (**Translation**, Published 2017).
9. Anti-aging nutrients. **Behnaz Abiri**, Amirhossein Ramezani, Nazanin Asghari, Mohammadreza Vafa. (**Translation**, Published 2017).
10. Williams' basic nutrition and diet therapy. Amirhossein Ramezani, Mahdi Sadeghian, **Behnaz Abiri**, Mohammadreza Vafa. (**Translation**, Published 2018).
11. Eat, drink, and be healthy. Mohammadreza Vafa, **Behnaz Abiri**. (**Translation**, Published 2018).
12. Optimizing physical performance during fasting and dietary restriction. **Behnaz Abiri**, Reihaneh Mousavi, Mohammadreza Vafa. (**Translation**, Published 2019).
13. Dietary lipids for healthy brain function. Mohammadreza Vafa, **Behnaz Abiri**. (**Translation**, Published 2020).

14. Williams' nutrition during life course. Amirhossein Ramezani, Mahdi Sadeghian, **Behnaz Abiri**, Mohammadreza Vafa. (Translation, Published 2019).

15. This is your brain on food. Parastoo Moghimi, **Behnaz Abiri**, Mohammadreza Vafa. (Translation, Published 2021).

- **Book Chapters**

1. **Behnaz Abiri**, Mohammadreza Vafa. Dietary Restriction, Cardiovascular Aging and Age-Related Cardiovascular Diseases: A Review of the Evidence. In: P. C. Guest (ed.), Reviews on Biomarker Studies in Aging and Anti-Aging Research.

2. **Behnaz Abiri**, Mohsen Dehghani, Mohammadreza Vafa. Effect of Vitamin D Supplementation on Muscle Strength, Muscle Function and Body Composition in Vitamin D-deficient Middle-aged Women. In: P. C. Guest (ed.), Clinical and Pre-clinical Models for Maximizing Healthspan: Methods and Protocols.

3. Mohammadreza Vafa, **Behnaz Abiri**, Mohsen Dehghani. The Association of Food Intake and Physical Activity with Body Composition, Muscle Strength and Muscle Function in Postmenopausal Women. In: P. C. Guest (ed.), Clinical and Pre-clinical Models for Maximizing Healthspan: Methods and Protocols.

4. Fatemeh Haidari, **Behnaz Abiri**, Masood Iravani, Seyed-Mohsen Razavi, Mohammadreza Vafa. Randomized Study Design to Test Effects of Vitamin D and Omega-3 Fatty Acid Supplementation as Adjuvant Therapy in Colorectal Cancer Patients. In: P. C. Guest (ed.), Clinical and Pre-clinical Models for Maximizing Healthspan: Methods and Protocols.

5. **Behnaz Abiri**, Mohammadreza Vafa. Vitamin D and muscle sarcopenia in aging. In: P. C. Guest (ed.), Clinical and Pre-clinical Models for Maximizing Healthspan: Methods and Protocols.

6. **Behnaz Abiri**, Mohammadreza Vafa. The role of nutrition in attenuating age-related skeletal muscle atrophy. In: P. C. Guest (ed.), Reviews on New Drug Targets in Age-Related Disorders.

- 7. Behnaz Abiri**, Mohammadreza Vafa. Micronutrients that affect immunosenescence. In: P. C. Guest (ed.), Reviews on New Drug Targets in Age-Related Disorders.
- 8. Behnaz Abiri**, Mohammadreza Vafa. Antioxidant vitamins in acute lymphoblastic leukemia. In Preedy & Patel (ed) - Cancer, 2e: Oxidative Stress and Dietary Antioxidants.
- 9. Behnaz Abiri**, Paul C. Guest, Mohammadreza Vafa. Experience in Nutrition Management of Diabetes-affected COVID-19 Patients. In: P. C. Guest (ed.), Clinical, Biological, Molecular Aspects of COVID-19.
- 10. Behnaz Abiri**, Paul C. Guest, Mohammadreza Vafa. Obesity and risk of COVID-19 infection and severity: available evidence and mechanisms. In: P. C. Guest (ed.), Clinical, Biological, Molecular Aspects of COVID-19.
- 11. Mina Karimi, Behnaz Abiri**, Paul C. Guest, Mohammadreza Vafa\*. Therapeutic Effects of Resveratrol on Non-alcoholic Fatty Liver Disease through Inflammatory, Oxidative Stress, Metabolic, and Epigenetic Modifications. In: P. C. Guest (ed.), Physical Exercise and Natural Products in Health and Disease: Methods and Protocols.
- 12. Behnaz Abiri**, Mohammadreza Vafa. Protecting children from unfavorable food marketing. In: Roya Kelishadi (ed.), Childhood Obesity: Causes, Prevention and Management.
- 13. Behnaz Abiri**, Mohammadreza Vafa. Effect of school programs for healthy eating and active living to prevent childhood obesity. In: Roya Kelishadi (ed.), Childhood Obesity: Causes, Prevention and Management.
- 14. Fatemeh Haidari**, Majid Mohammadshahi, **Behnaz Abiri**, Paul C. Guest, Mehdi Zarei, Mojdeh Fathi\*. Testing the Effects of Cinnamon Extract Supplementation on Inflammation and Oxidative Stress Induced by Acrylamide . In: P. C. Guest (ed.), Physical Exercise and Natural Products in Health and Disease: Methods and Protocols.
- 15. Behnaz Abiri**, Paul C. Guest, Mohammadreza Vafa. How do we manage breastfeeding during the COVID-19 pandemic? In: P. C. Guest (ed.), Identification of new biomarkers, new treatments, and vaccines for COVID-19.

**16. Behnaz Abiri**, Paul C. Guest, Parvin Sarbakhsh, Mohammadreza Vafa. Testing the physical and molecular effects of nutritional supplements and resistance exercise in middle-aged females. In In: P. C. Guest (ed.), *Physical Exercise and Natural Products in Health and Disease: Methods and Protocols*.

- **Skills**

Working with Laboratory Animals (rat & mice)

Mice body composition

Mice retro orbital blood sampling

ELISA

Real time PCR

Cell culture